

Lemony Fruit Cake

Christmas fruitcakes are heavy and dense, but this tender lemon pound cake can be part of your new holiday tradition. It has the candied fruit that makes it festive without using red and green food coloring.

Makes 16 slices of fruit cake

Ingredients

non-stick cooking spray
¾ cup plus 2 tablespoons all purpose flour
¾ cup spelt or white whole wheat flour
½ teaspoon baking soda
⅛ teaspoon salt
8 tablespoon trans-fat free, soft tub margarine
¾ cup granulated sugar
3 egg whites
1 teaspoon finely grated, the zest of about 1 medium lemon
1 teaspoon vanilla extract
½ cup fat-free, plain yogurt
¼ cup fresh lemon juice, the juice from about 1 medium lemon
¼ cup raisins or dried cherries
¼ cup chopped dates

Directions

Coat a 1-pound loaf pan with cooking spray. Add 2 tablespoons of the all purpose flour. Shake and turn the pan until the interior is well coated with flour. Set aside. Preheat oven to 350° F.

In a large bowl or zipper lock bag, mix remaining all purpose flour, baking soda, and salt. In another large bowl add margarine and sugar. Mash the sugar into the margarine with a wooden spoon until just incorporated.

Stir in egg whites, lemon zest, vanilla. Stir in half the flour mixture, until just incorporated, do not over mix, there will be some dry spots. Add the yogurt, lemon juice, raisins, cherries, and dates. Add the remaining flour on top and mix until just combined. Scrap down the sides of the bowl and transfer batter to the loaf pan. Smooth the top with a spatula.

Bake 50 to 55 minutes until the edges of the cake are golden and a toothpick comes out clean when inserted in the center. Cool 5 minutes in

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!

the pan before removing to a rack to cool completely. Pound cake will keep 3 days tightly wrapped in aluminum foil.

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